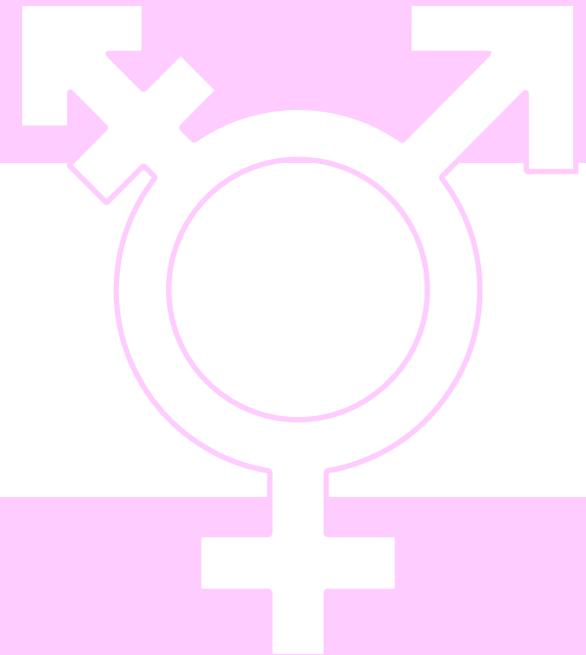


TIPS FOR BEING A TRANS* ALLY

For more information
on trans* and LGBTQA+ issues
visit the

LGBTQA+
RESOURCE CENTER
346 NEBRASKA UNION
402.472.1652
[HTTP://INVOLVED.UNL.EDU/LGBTQA](http://involved.unl.edu/lgbtqa)
LGBTQA@UNL.EDU



- Agender – Refers to a person who doesn't identify with any gender.
- Cisgender – Refers to a person whose gender identity matches their designated sex at birth.
- Gender Presentation – The way a person presents themselves in a traditionally-gendered manner, e.g. masculine, feminine, androgynous, etc. This may have nothing to do with a person's gender identity.
- Transphobia – Statements and actions that are hurtful or bigoted to transgender people.
- Hormone Replacement Therapy/HRT – The process of taking hormones such as testosterone or estrogen in order to masculinize or feminize a person's body.
- Top Surgery – Colloquial term for chest reconstruction, which involves either a mastectomy or breast enhancement.
- Bottom surgery – Colloquial term for genital reconstruction surgery, which can involve either the creation of a penis or vagina. This might also refer to a hysterectomy or orchiectomy.
- Authentic Gender – Coined by Janet Mock. Refers to how a trans* person identifies their gender.

OTHER RESOURCES:

- GLAAD
<http://glad.org/transgender/allies>
- TransWhat?
<http://transwhat.org/allyship>
- Trans* Guide
<http://involved.unl.edu/lgbtqa/trans>



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be the **C H A N G E**
LGBTQA Resource Center

TIPS FOR BEING A TRANS* ALLY:

1. Respect a person's right to keep their orientation and identity private unless they have given you explicit permission to tell others.
2. Know your own biases and work to correct them. Will anything prevent you from treating a trans* person the way you treat anyone else? Why?
3. If you're comfortable, correct a person if they are saying or doing something transphobic. You never know who may be hurt by that person's statements or actions.
4. Be patient with a person who is questioning their gender identity. This may involve some experimentation on their part, including dressing a different way or being referred to by different names and pronouns.
5. Be an advocate for trans* equality and accessibility. This can involve petitioning for gender-neutral restrooms, calling legislators to express your support or disapproval of bills that can affect trans* people, or knowing resources that others can refer to if they need help.
6. Be open to learning about the various issues that affect trans* people. This can help you be a better ally and advocate.
7. Mistakes happen! If you accidentally call a trans* person by the wrong name or pronouns, or make an incorrect

assumption about LGBTQA+ topics, apologize and either correct yourself or ask if you can learn more.

8. Create a visibly welcoming environment for trans* people. For instance, you may want to put a Safe Space or Ally card on your door or window. When introducing yourself, mention the pronouns that you use – this makes it clear to trans* people that they can also be open about their pronouns.
9. There are transgender people who cannot or do not wish to medically transition. It is impolite to ask or make assumptions about why a person does or doesn't transition, and it is disrespectful to disregard their gender identity because they aren't medically transitioning.
10. One trans* person's ideas may be extremely different from another's, and some may even take offense at certain ideas about what it "means" to be trans* . No one trans* person is the authority on what being transgender is like or involves, since everyone's experiences are completely unique.
11. "Transsexual" is generally considered an outdated term, but there are some trans* people who identify with the word.
12. Listen to trans* people when they're talking about their experiences to see what you can do to be accepting and supportive. Consider reading books by trans* people, looking through their blogs/websites, and further educating yourself.

ALWAYS REMEMBER:

- Outing someone may put them at risk.
- Coming out is not the same as living openly. When a trans* person comes out, some people may know them as their previous name/pronouns. You may want to discuss how to refer to a person to avoid accidentally outing them to people who don't know their authentic gender.
- Gender presentation doesn't necessarily indicate gender identity. A person wearing traditionally feminine or masculine clothing may not identify as a man or woman. When in doubt, ask politely how you should refer to them.
- ALL people are individual human beings who deserve respect and understanding.
- Trans* people are everywhere!

BASIC TERMINOLOGY:

- DAFAB – Refers to anyone who is designated as female at birth,
- DAMAB – Refers to anyone who is designated as male at birth.
- Trans man/FTM – Refers to a person who is DAFAB and identifies as a man/male.
- Trans woman/MTF – Refers to a person who is DAMAB and identifies as a woman/female.
- Non-binary/Genderqueer – Refers to a person who identifies as neither male nor female, but somewhere in-between the binary or outside of it completely.
- Genderfluid – Refers to a person whose gender identity changes over time. They may use a variety of different names and pronouns depending on their current gender identity.